

## Foraging Guide

### Belimbing

*Averrhoa bilimbi*

Flowers, fruits are sour but piquant. Eaten raw or in a pickle!

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2735>

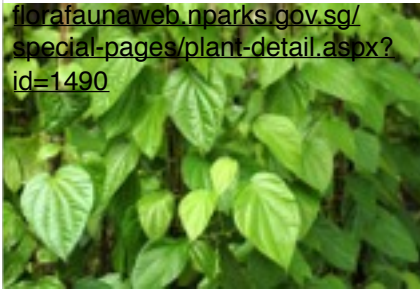


### Betel

*Piper Betle*

Eaten with the betel nut (Areca catechu) as a stimulant. Leaves are medicinal - contain antimicrobial and antioxidant activity.

<https://florafaunaweb.nparks.gov.sg/special-pages/plant-detail.aspx?id=1490>



### Butterfly Pea Flower

*Clitoria ternatea L.*

Medicinal: Swelling, sore throat, etc. Also lends materials a natural blue colouring.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=1372>



**Cashew***Anacardium occidentale*

Cashew apple is normally eaten, and can be made into a jam or seetmeat. Great for fermentation. The bark and nut oil can be used to treat corns, warts, ulcers.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2709>

**Asiatic Pennywort***Centella Asiatica*

Entire plant can be used for healing of wounds, burns, etc. Juice is drunk for cooling properties.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=5347>

**Cempedak***Artocarpus integer (Thunb.) Merr.*

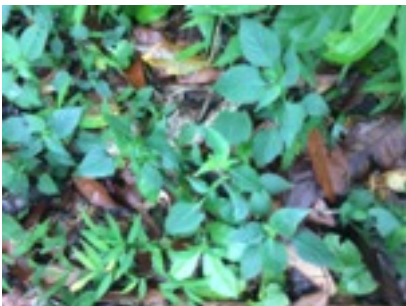
Not to be confused with jackfruit, the fruits and leaves are eaten - seeds can also be eaten after roasting or boiled.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=3309>

**Chinese Violet***Asystasia gangetica ssp. micrantha (Nees) Ensermu*

Leaves, stem and flower are eaten raw or blanched, or in a stirfry. Crunchy in texture. A related plant can be found on Koh Lon, with purple flowers: *Asystasia gangetica (L.)*

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=1705>

**Citronella***Cymbopogon nardus*

Not to be confused with lemongrass, is used to produce an essential oil - and known to be a mosquito repellent.

**Climbing Wattle***Acacia Pennata L*

Known as cha - om in Thai, a legume frequently found in soups, curries, omelettes and stir fries. Pick the young shoots!

<http://www.theplantlist.org/tpl1.1/record/ild-32837>



**Coconut**

*Cocos nucifera L.*

Terribly useful plant - everything can be utilised! Enough said.



<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=5618>

**Cotton Fruit/ Santol**

*Sandoricum koetjape*

Two varieties can be found in Southeast Asia, yellow and the red. Mild peachy taste, and apple like texture. Can be cooked, and eaten when slightly unripe. Plant has anti-inflammatory effect.

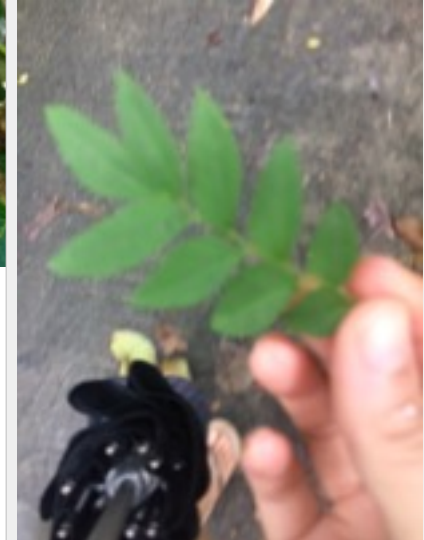


**Curry**

*"Murraya koenigii (L.) Spreng.*

Leaves and Berries can be eaten - fresh or when dried. Oil has antibacterial properties.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2238>



**Firefruit**

*Unidentified*



**Galangal**

*Achasma galanga*

Spicy, and Floral, this root is commonly found in Southeast Asian cuisine. Leaves are incredibly aromatic and can be used as herbs.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=1644>



**Beach Morning Glory**

*Ipomoea pes-caprae*

Found in sandy conditions, it is used as medicine for sting ray and stone fish stings.

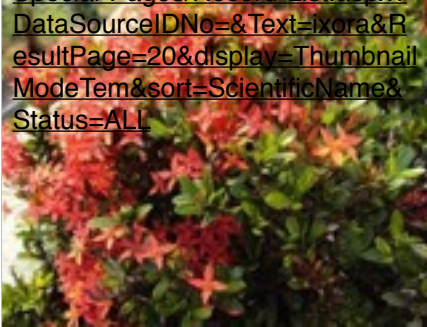


<https://florafaunaweb.nparks.gov.sg/special-pages/plant-detail.aspx?id=1431>

### **Ixora**

Fried as fritters (flowers).  
Also used as a root decoction for childbirth;

<https://florafaunaweb.nparks.gov.sg/Special-Pages/Record-List.aspx?DataSourceIDNo=&Text=ixora&ResultPage=20&display=ThumbnailModeTem&sort=ScientificName&Status=ALL>



### **Jambu/ Rose Apple**

Juice - floral complexities;  
Piquant, spongy when overripe. Eaten fresh or in a pickle

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=3161>



### **Jackfruit**

*Artocarpus heterophyllus Lam.*

After boiling or roasting, the seed can be eaten. Jackfruit wood also has sedative properties. The ash, when burned with maize and coconut shell can treat ulcers. From the wood particles, a yellow dye is extracted.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2733>



**Lemongrass**

*Cymbopogon citratus* (DC.)  
Stapf

Popular ingredient in Southeast Asian cuisine - used in medicine as well, where leaves are boiled to relieve cramps, and digestive problems.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=1918>

**Mangosteen**

*Garcinia mangostana*

The rind is astringent, but produces a black coloring used in dyes. Flesh is cotton like and sweet.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2927>

**Moringa**

*Moringa oleifera* Lamk  
Slight herbaceous notes. A superfood!

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=3034>

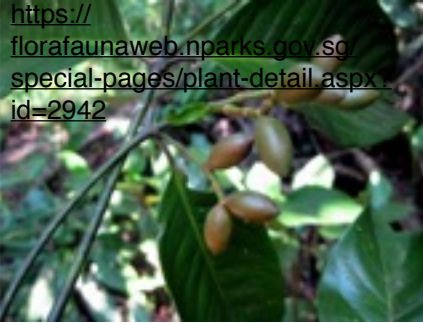


**Melinjo**

*Gnetum gnomon*

Seeds are typically used in the production of melinjo crackers. Highly addictive! The young leaves can be eaten - steamed, while the sap is also drinkable.

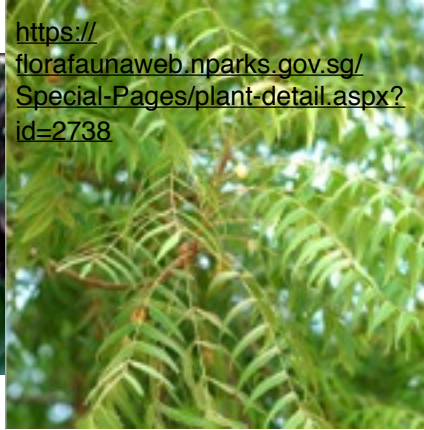
<https://florafaunaweb.nparks.gov.sg/special-pages/plant-detail.aspx?id=2942>

**Neem**

*Azadirachta indica A. Juss.*

Leaves and seeds are used as medicine; to produce an oil; can be used as fertiliser or pesticides as well. Similar to *Azadirachta excelsa*

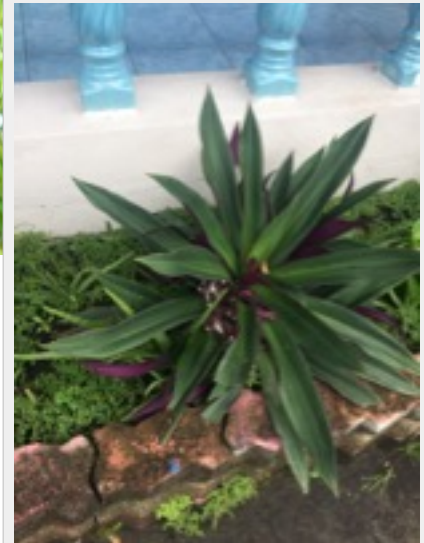
<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2738>

**Oyster Plant**

*Tradescantia spathacea Sw.*

Contains anti - microbial properties - brewed into a tea to relieve heatiness, treat fever, cough and bronchitis. Do not eat plant raw!

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2524>



**Pandan**

*Pandanus amaryllifolius* Roxb.

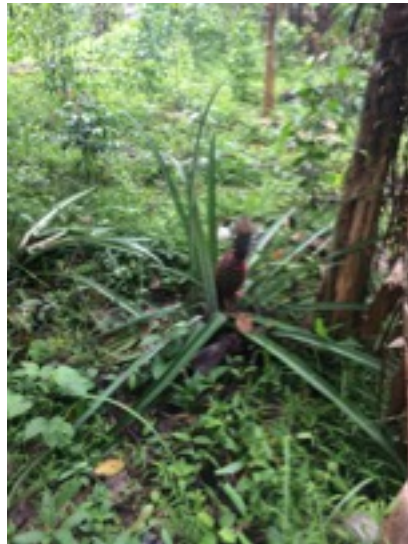
Leaves and juice are commonly used for natural green coloring, and are aromatic in flavour. A common ingredient in Southeast Asian desserts.

<https://florafauweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2299>

**Pineapple (Red?)**

*Ananas bracteatus*

<http://theworldwidevegetables.weebly.com/ananas-bracteatus-red-pineapple.html>

**Red Hibiscus**

*Hibiscus rosa - sinensis*

The edible flowers are used in salads, and can be used to provide natural coloring.

<https://florafauweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2095>



**Siamese rough bush**  
*Streblus Asper Lour, kloi, serut, and toothbrush tree*

Used in traditional papermaking, as toothbrushes, and as sandpaper for wood works. Plant can treat leprosy, toothache, and cancer.  
<http://www.theplantlist.org/tpl1.1/record/tro-50064863>



**Shinybush**  
*Peperomia pellucida (L.)*  
Coriander, Soap like in flavour. Used in medicine for headache, abdominal pain, bleeding; Can be blanched or eaten raw.

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=5557>



**Skunk Vine**  
*Paederia foetida - Khao Yam*

Strong flavor, mixed with grated coconut and spices. Smell disappears when leaves are cooked.

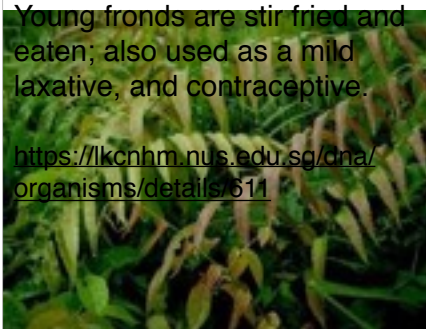
<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=1462>



*Stenochlaena palustris (Burm f.) Bedd*

Young fronds are stir fried and eaten; also used as a mild laxative, and contraceptive.

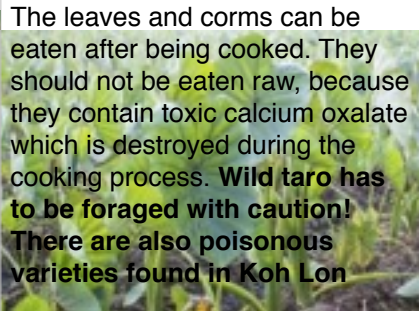
<https://lkcnhm.nus.edu.sg/ona/organisms/details/511>



**Taro**  
*Colocasia esculenta (L.) Schott*

The leaves and corms can be eaten after being cooked. They should not be eaten raw, because they contain toxic calcium oxalate which is destroyed during the cooking process. **Wild taro has to be foraged with caution! There are also poisonous varieties found in Koh Lon**

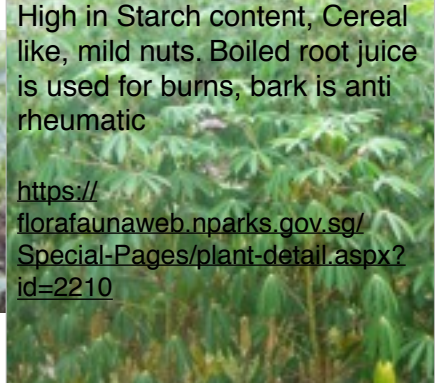
<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=1835>



**Tapioca**  
*Manihot esculenta Crantz*

High in Starch content, Cereal like, mild nuts. Boiled root juice is used for burns, bark is anti rheumatic

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2210>





**Taro**

*Colocasia esculenta (L.) Schott*

The leaves and corms can be eaten after being cooked. They should not be eaten raw, because they contain toxic calcium oxalate which is destroyed during the cooking process. **Wild taro has to be foraged with caution! There are also poisonous varieties found in Koh Lon**



**Wild Mint?**  
*Unidentified*

**Wild Pepper**

*Piper sarmentosum Roxb.*

Used to cure coughs and asthma, and to cure toothaches. Leaves and pepper tips have mild florals and are slightly spicy in flavor. Eat fresh!

<https://florafaunaweb.nparks.gov.sg/Special-Pages/plant-detail.aspx?id=2342>



**Wild Cucumber**

*Unidentified*

